

**Full Report (All Nutrients) 01212, Milk, dry, whole, without added vitamin D**

Report Date: December 05, 2015 09:01 EST

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
<b>Proximates</b>						
Water	g	2.47	25	0.130	3.16	0.79
Energy	kcal	496	--	--	635	159
Energy	kJ	2075	--	--	2656	664
Protein	g	26.32	22	0.175	33.69	8.42
Total lipid (fat)	g	26.71	30	0.250	34.19	8.55
Ash	g	6.08	20	0.092	7.78	1.95
Carbohydrate, by difference	g	38.42	--	--	49.18	12.29
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	38.42	--	--	49.18	12.29
<b>Minerals</b>						
Calcium, Ca	mg	912	18	17.766	1167	292
Iron, Fe	mg	0.47	12	0.065	0.60	0.15
Magnesium, Mg	mg	85	15	1.465	109	27
Phosphorus, P	mg	776	18	14.251	993	248
Potassium, K	mg	1330	15	41.231	1702	426
Sodium, Na	mg	371	7	15.131	475	119
Zinc, Zn	mg	3.34	1	--	4.28	1.07
Copper, Cu	mg	0.080	--	--	0.102	0.026
Manganese, Mn	mg	0.040	--	--	0.051	0.013
Selenium, Se	µg	16.3	--	--	20.9	5.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	8.6	11	0.454	11.0	2.8
Thiamin	mg	0.283	18	0.016	0.362	0.091

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
Riboflavin	mg	1.205	23	0.031	1.542	0.386
Niacin	mg	0.646	22	0.024	0.827	0.207
Pantothenic acid	mg	2.271	20	0.086	2.907	0.727
Vitamin B-6	mg	0.302	41	0.028	0.387	0.097
Folate, total	µg	37	--	--	47	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	37	--	--	47	12
Folate, DFE	µg	37	--	--	47	12
Choline, total	mg	117.4	--	--	150.3	37.6
Vitamin B-12	µg	3.25	31	0.289	4.16	1.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	258	--	--	330	83
Retinol	µg	253	--	--	324	81
Carotene, beta	µg	55	--	--	70	18
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	934	--	--	1196	299
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.58	--	--	0.74	0.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.6	0.2
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.6	0.2
Vitamin D	IU	20	--	--	26	6
Vitamin K (phylloquinone)	µg	2.2	--	--	2.8	0.7
<b>Lipids</b>						
Fatty acids, total saturated	g	16.742	--	--	21.430	5.357
4:0	g	0.866	1	--	1.108	0.277
6:0	g	0.240	2	--	0.307	0.077
8:0	g	0.269	2	--	0.344	0.086
10:0	g	0.596	2	--	0.763	0.191
12:0	g	0.614	2	--	0.786	0.196
14:0	g	2.820	2	--	3.610	0.902

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
16:0	g	7.522	2	--	9.628	2.407
18:0	g	2.853	2	--	3.652	0.913
Fatty acids, total monounsaturated	g	7.924	--	--	10.143	2.536
16:1 undifferentiated	g	1.196	2	--	1.531	0.383
18:1 undifferentiated	g	6.192	2	--	7.926	1.981
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.665	--	--	0.851	0.213
18:2 undifferentiated	g	0.460	2	--	0.589	0.147
18:3 undifferentiated	g	0.204	2	--	0.261	0.065
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	97	2	--	124	31
<b>Amino Acids</b>						
Tryptophan	g	0.371	--	--	0.475	0.119
Threonine	g	1.188	--	--	1.521	0.380
Isoleucine	g	1.592	--	--	2.038	0.509
Leucine	g	2.578	--	--	3.300	0.825
Lysine	g	2.087	--	--	2.671	0.668
Methionine	g	0.660	--	--	0.845	0.211
Cystine	g	0.243	--	--	0.311	0.078
Phenylalanine	g	1.271	--	--	1.627	0.407
Tyrosine	g	1.271	--	--	1.627	0.407
Valine	g	1.762	--	--	2.255	0.564
Arginine	g	0.953	--	--	1.220	0.305
Histidine	g	0.714	--	--	0.914	0.228
Alanine	g	0.908	--	--	1.162	0.291
Aspartic acid	g	1.997	--	--	2.556	0.639
Glutamic acid	g	5.512	--	--	7.055	1.764
Glycine	g	0.557	--	--	0.713	0.178

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
Proline	g	2.549	--	--	3.263	0.816
Serine	g	1.432	--	--	1.833	0.458
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0